



# Douglas County 4-H Program Catalog

## Positive Youth Development

We are excited you are interested to learn more about 4-H in Douglas County! You will find as you get connected there is a lot going on and many ways to get involved. It is our hope that the 4-H community will be a positive one for you and your family.

In 4-H, youth are hands-on in programs and activities. This learn-by-doing model teaches kids essential, transferrable skills that they'll use throughout their lives, such as problem solving, decision making, communicating and responding to the needs of others. Whether youth are building rockets or raising dairy cows, 4-H gives them the skills they need to succeed in life. Visit our [website](#) or check out [Douglas County 4-H on facebook](#) for more information.

### Who can participate in 4-H?

4-H serves youth in grades kindergarten through one year past high school from all backgrounds and interests. 4-H offers membership without regard to race, color, national origin, religion, gender, disability or handicap.

### How can I participate in 4-H?

**Join a local 4-H club!** 4-H clubs are groups of youth who meet regularly to work on 4-H projects, perform community service, develop leadership skills and learn to work together. Visit a club meeting in your area before joining and see what 4-H has to offer!

**Get involved in a project group** - we have several groups that meet throughout the year to focus on a specific area of interest. Members join these groups in addition to their 4-H clubs.

**Participate in 4-H activities** - 4-H activities are one-time events where youth can participate in a 4-H project or activity. There is no year-long commitment to participate.

### What does it cost?

Project groups each have their own fee structure to support the additional educational opportunities and supplies needed. Most clubs have nominal dues. Contact the office for information at [next-douglas@umn.edu](mailto:next-douglas@umn.edu) or 320-762-3890.

## Project Groups

Dive deeper into an area of interest through the variety of project groups we have in Douglas county!

**Dog project** - Learn to train a dog for agility, obedience, showmanship or as an ideal pet. Topics may include canine behavior, breed characteristics, diseases, ethics, grooming, health, nutrition, responsible breeding, service dogs, therapy dogs, dog-related careers and the wide array of dog sports. Members can choose to compete in the 4-H County Dog Show in August. Training runs from spring to summer culminating in the County Dog Show on Friday, August 7, 2026.

**Engineering Design Challenge** - What problem do you want to solve - cook a hot dog with the sun? Make a car run on wind power? Communicate with birds? Design a solution and build it. Learn engineering design skills and you'll know how. Each year, teams of youth in grades 3 and up have fun solving a [different challenge](#). Working with volunteer coaches, teams meet weekly or monthly to plan and build their machines.

**FIRST Lego League** - Learn critical thinking, creativity, innovation and problem solving in a non-traditional learning event and have fun at the same time! Young people in third through eighth grade can compete in this friendly science, technology, engineering and mathematics (STEM) team competition, which takes place at county fairs. Contact the Extension office for details. Some teams may be eligible to compete in regional competitions.

**Horse project** - Join a community of youth interested and passionate about horses and riding! The [horse project](#) is a growing and active project. In the summer there are practice nights and clinics! Outside of project meetings there are also a number of annual events to be a part of including Winter Roundup – an exciting three-day conference!

**Don't have an animal?** Don't let that stop you from joining! 4-H members can lease animals or learn without one. See the information about [leasing opportunities](#).

**Project bowl** - Patterned after the golden-oldie television show College Bowl, 4-H project bowls challenge teams of 3-6 youth on their knowledge of these 4-H project areas: dairy, dog, general livestock, horse, llama, poultry, rabbit and wildlife. Youth can participate in one of the above teams. There are four regional bowls, which lead to the state competition. Volunteer coaches are needed for each of the teams.

**Shooting sports & wildlife** - Build skills in the safe use of firearms and archery and teaches youth about wildlife, environment, habitats and the importance of protecting Minnesota's natural resources. Because of the use of firearms, this project is only available for members in 3<sup>rd</sup> grade and up. Weekly trainings run January through July with a county shoot in July and culminates at the state shoot event in mid- September. See your 4-H calendar for more details.

## 4-H Activities

**New member family fun event** - Designed especially for new families to learn all about what 4-H has to offer! Kids will have fun exploring project areas, learning about fair exhibits and the judging experience, enjoy games and many hands-on activities. Parents get new member tips, review fair registration process, take part in question and answer session, explore project areas and learn about numerous resources.

**It's County Fair Time, Now What???** A lot happens before and during the county fair. This free workshop, designed for youth and parents, will help you prepare and learn what to expect. Youth will make an exhibit that could be shown at the fair. Learn how to register exhibits, what's judged prior to county fair, pre-fair deadlines and check-ins, volunteer opportunities, volunteering in 4-H Food Stand, get fairgrounds tour, practice judging activity and question and answer session.

**Workshop days** - Join the fun throughout the year with different workshop events for various project areas. These workshops allow for youth to explore different projects from sewing to vegetables. These events take place throughout the year. Read your monthly 4-H Buzz newsletter,, emails and mailings for full details. Keep an eye on the Douglas County Extension website at [extension.umn.edu/douglas](http://extension.umn.edu/douglas) for upcoming events and registration material.

**Summer day camps** - Experience all the benefits of 4-H in four different summer day camps that bring together all your favorite summer activities. These day camps for youth grades K-3 take place throughout the summer at various locations in Douglas County including Osakis, Alexandria, Brandon and the County Fair from 9 a.m. to 3 p.m..

**4-H summer overnight camps** - Campers grades 3-6 build critical life skills such as confidence, independence and resiliency. They choose activities that interest them and try things that are new and challenging. 4-H camps offer guided outdoor learning opportunities and classic camp experiences including water recreation, arts and crafts, archery, team competitions, campfires and much more! Douglas County 4-H members have camps available to them at the University of Minnesota Morris Campus and Faith Haven Bible Camp.

**4-H pajama party** - Come join the fun and make new friends! Enjoy games, crafts, open gym and movies. Structured for kids grades K-3 from 6-10 p.m.. This winter event is open to all Douglas county youth.. Come dressed in your favorite set of PJ's, slippers and bring that favorite stuffed animal.

**Share the fun** - Share your talents with an audience! 4-H members experience performing in a group or individual setting and work toward a common goal, building the steps for leadership while also developing poise, discipline, and self-confidence. Held in March.

## 4-H Citizenship & Leadership Opportunities

**Youth leadership** - Douglas county 4-H youth leaders provide intentional opportunities for youth to represent 4-H through leadership and citizenship that contribute meaningfully to their communities. Youth leaders are interested in developing and refining skills to teach other 4-H youth about leadership and citizenship topics. Open to grades 7+.

**State ambassador program** - The Minnesota 4-H State Ambassador program is a youth development program that strives to exemplify the ultimate in youth citizenship and leadership in Minnesota. Any youth currently involved in Minnesota 4-H and its programs who has completed at least the 10<sup>th</sup> grade and is eligible for 4-H through the duration of the term ending in June typically are able to apply. Applications are typically due in May.

**Camp counselor** - Douglas County offers a variety of day and resident camps for our younger members. This allows our older youth to put their leadership skills to work as camp counselors! The role of a camp counselor is to help campers have experiences that contribute to their growth and maturity by demonstrating values campers can model. Counselors will also help them experience increased levels of responsibility and develop their self-esteem through experiencing success. The application process to apply typically opens early November for youth 7<sup>th</sup> grade and up.

**Junior leader workshop** - A leadership retreat designed to help you gain more leadership skills and network with youth like you! This two-day retreat will offer fun activities, breakout sessions designed to make you a stronger leader and a chance to meet new friends from different counties within the southwest and northwest region. For grades 6-9.

**Club officers** - Every 4-H club elects officers each year to carry out business and organizational roles at the club meetings. As an officer, 4-H youth have the chance to increase their public speaking skills and leadership skills by fulfilling their duties for the club. Officer roles include: president, vice-president, secretary and treasurer. Some clubs may have additional roles such as historian, reporter and committee roles to carry out additional business or educational opportunities for the 4-H club.

**Advisory board** - The advisory board is an elected group of five youth and five adult volunteers who carry out business for the Douglas County 4-H program each year. Members are elected at the federation meeting in August. Youth terms are one year; adult terms are two-year terms.

**Citizenship Washington Focus** - CWF is a citizen and leadership event for high school youth from across the United States. Youth learn about government, the legislative process, meet with elected officials and visit many national monuments and historical sites in Washington D.C. Typically takes place in late June or early July.

**BLU: Building Leadership & Understanding** - The BLU program is an exciting and fun leadership adventure that brings together youth 6<sup>th</sup> grade and up from across the state



of Minnesota in an overnight leadership workshop. Each retreat uses a youth-teaching-youth model to teach a leadership topic, participate in team-building activities and meet other youth from their region. This event is held in February. Scholarships are available to 4-H members to offset the cost.

**YELLO! Youth Exploring Leadership & Learning Out loud!** YELLO is a citizenship and leadership conference that brings together approximately 300 youth from across Minnesota and the surrounding region to listen to motivational speakers, participate in hands-on activities, engage in a service-learning project and explore fun and educational opportunities in the region. The youth participants get the opportunity to meet other youth across the region and plan for action in their home communities through a youth-teaching-youth model. This event is typically held in June. Scholarships are available to 4-H members to offset the cost.

**State arts-in** - Minnesota 4-H State Arts-In is a 22-day intensive arts experience. Youth 9<sup>th</sup> grade and up prepare a musical to perform 3-4 times daily during the Minnesota State Fair. State Arts-In is about:

- Performing arts including singing, dancing, acting, instrumental accompaniment, costume design, set construction and technical work
- Leadership, goal-setting and teamwork!

## **4-H Leasing Program (No Animals, No Problem)**

The Minnesota 4-H program recognizes the educational value of participating in animal science projects. Minnesota 4-H allows the leasing of animal science projects to encourage a greater number of members to have the opportunity to experience livestock projects. This program is designed to make it possible for a 4-H member to have a non-owned 4-H project which can be exhibited at county fairs, Minnesota State Fair 4-H show and other youth or open exhibitions. The 4-H member will gain hands on experience in managing and showing the 4-H animal science projects through the cooperation and mentorship of local animal owners.

There are some basic questions and discussion points to consider with the owner of the animal as you enter into the 4-H lease program, such as housing arrangements, feed costs, management of the animal, veterinary and show expenses, transportation and more. For a complete list of these discussion points, read the [Minnesota 4-H Lease Program Fact Sheet](#):

## **4-H Animal ID Requirements**

Ownership requirements for ALL animal science projects are uniform for beef, cats/pets, dairy, dairy goat, dog, horse, lama, meat goat, poultry, rabbit, sheep and swine: animals must be owned solely by the 4-H'er or the 4-H'ers family. The family includes the 4-H'ers parents/guardians and siblings living together as a family unit. The

definition of family includes an extended family where the animal may be owned by grandparents if the 4-H'ers parents are actively involved with and working on the farm. Animals owned in partnership with non-family members (as defined above) must be leased and follow guidelines within the lease agreement. Lease agreements must be submitted by May 15 with 4HOnline data. Market animals (with the exception of prospect calves) cannot be leased.

#### **All animal ownership deadlines:**

- **February 15:** Market Beef (beef steers, market heifers & dairy steers)
- **May 15:** Breeding Beef, Dairy, Dairy Goats, Dog, Horse, Lama, Meat Goat, Poultry, Rabbit, Sheep and Swine. Fryer Rabbits should be 70 days old at show. 4-H'er must own the doe of fryer rabbits and doe must be identified by May 15.
- **June 1:** Junior Meat Does
- **July 1:** Jr. Doe Kid Dairy Goats

More specific information for animal science project requirements, ID info and deadlines can be found on the [Minnesota 4-H website](#).

## **4-H at Home**

Minnesota 4-H is striving to reach youth wherever they are. Don't let being at home stop you from exploring, discovering and making a difference. In 4-H, you can learn about gardening, build your photography skills or deepen your commitment to high-quality animal care. We'll have new events each week on a variety of topics. [Connect with us](#) to be sure you can learn and lead right where you live!

